

Ironwood

Treatment Times

Spring/Summer 2010



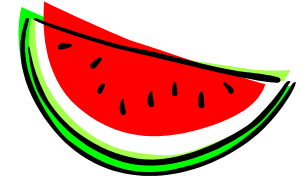
What's New!?!? By Ryan

There has been a lot of new and exciting things recently that have happened up at the Farm House! Sarahanne, Kevin, and Scott came back to mentor, all of the kids and staff enjoyed them coming back to Ironwood. Lots of new faces are up at the farmhouse, as well as some missing, Alban, Sam, Shawn, and Kris are all on home visit.

Allie graduated on May 24th and we are all will miss her very much. Both Justin and I got our papers and are looking forward to presenting to Treatment team on May 27. Kris and Shawn, our two reds, have been doing an excellent job leading their peers. We also welcomed Vicor and Captin, two new horses at Farm



House barn who seem to be settling in nicely. We also welcomed a new dog named Sobe, and Magic returned better than ever! A new staff named Molly joined the Ironwood team, she does gardening and addiction counseling.



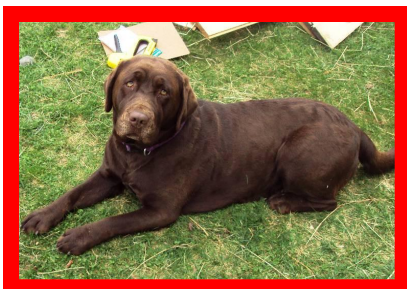
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Animal of the Quarter!

By Sofie

The vote was pretty clear as to who was going to be the animal of the quarter. Sobe, the new addition to the Farm House took the lead with seven votes! Sobe is a beautiful, playful, and friendly brown lab with golden eyes. She is about two years old, and a relative of the beloved Drake. Because of her rather big, but still adorable, head she has earned quite a few nicknames such as Sobe Sausage, Meatball, Sour Face, Mike Tyson, and many more! Sobe is notorious for sprawling out on the floor and being in the way of everyone in the house. Sobe's favorite things include: sleeping, playing, eating, and laying on her back in hopes that someone will come rub her belly. Sobe gets along with all the other animals and residents, earning herself the spot as animal of the quarter!



Special points of interest:

- ♦ *New additions to the farmhouse! Read inside for more.*
- ♦ *Exclusive interviews with staff and residents*
- ♦ *Alban's Favorite Recipe*
- ♦ *Advice from a peer leader!*

Alex's Journey to the Farmhouse!

I began my Ironwood journey on December 18th. I was angry and upset when I first arrived at Ironwood, but after a few weeks I started getting used to the program and I began to make progress. On day 48 after coming to Ironwood I received my purple, Jess surprised me by calling me down to the lodge for a therapy session and when I stepped out of the lodge I



"I like the Farmhouse!"

saw my purple shirt tied to the pillar! A couple months after I got my purple and I was given my papers to the farmhouse by Daniel, he again surprised me by pretending to put me on reflection and my papers were waiting for me in the gazebo. I presented the following week and went up to the farm house the very

next day. I like the farm house!



Josh's Journey to the Farmhouse!

When I woke up on Thursday morning I was nervous, it was the day I was scheduled to present my speech to the treatment team in order to be moved to the farm house. I was completely ready, I had my goals done, my speech was written, and my questions were all answered, but I was definitely still nervous. I kept telling myself I would do fine and I

did! After I presented I felt very confident, I knew I had done well presenting because I could feel it. As I rode back to Frye, I couldn't help but smile. After lunch, Daniel, one of the staff members told me to put on a pair of boots, and hidden inside the boots was a piece of paper with a list of items I needed to pack for the farmhouse!

After packing Daniel told me to make my way up the graduation trail! When I arrived at the farm house, I felt so proud of myself!



Sofie's Big Journey Up the Graduation Trail!

It all began on a cold Wednesday morning, January 27th to be exact. It was my first day on reflection in the cold Maine winter. Although, the weather was snowy and cold and I was away from my family, I quickly came to appreciate Ironwood. I realized that I was one of the lucky ones and had been given a second chance. Before I knew it I had been at Ironwood for a month, not long after, on my 37th day during deep clean Daniel and Ronanne surprised me with my purple! I felt so accomplished, and loved the feeling, so I continued working hard and making good progress. Things were going great for me and I really could not have been happier! My parents and I were finally getting along, and I was developing and mending relationships I had totally lost at home. I finally had

motivation again! I got my papers from Ronanne on my 77th day. I was so excited; I knew I had worked so hard, and my hard work was being recognized. All week long I worked on my speech, when Thursday came and I presented my speech. During my speech I spoke straight from my heart. I was a bit nervous, but throughout my time at Ironwood I have found that confidence can really get you far. Friday came and Ronanne, yet again, told me I was going up. I packed all my things, stayed for breakfast, then started on my way up the trail. It was raining as I carried all of my things up the trail. The walk to the farm house was challenging, I swear I have never carried such a heavy load in my life! To make things even harder, the bag with all my school books broke

but I was determined to get to the farm house. I continued walking up and I could see everyone from the farm house outside cheering for me. Isabel, my mentor, came and took my bag. I couldn't stop smiling! After everyone greeted me, I settled into the house and began the new chapter of my journey... the farm house! Woop, woop!



Mentors! by Sam

Mentors are past residents that come back to help out staff and give us advice to help us get the most out of our Ironwood experience. One of my favorite mentors was SarahAnne, so I decided it would be a good idea to interview her.

Question: How does it feel to come back and mentor?

Answer: It is definitely a weird being back at first but after the first 10 minutes you are used to being back. It is also really nice to be able to see the staff again and tell them how things are at home, even though you are not a resident you can still talk to them and they can still give you feedback.

Q: How many times have you come back to mentor?

A: I've been back 3 times.

Q: Why do you come back to mentor?

A: I can honestly say Ironwood has helped me change a lot of things in my own life and I am

really grateful for that. So when I come back to mentor and talk to the residents, I really like to share with them some of the things Ironwood has helped me with in hopes I can help them.

*"Do not go where the path
my lead, go instead where
there is no path and leave a
trail."*

—Ralph Waldo Emerson



Q: What do you like most about mentoring?

A: I like a lot of things about mentoring! I like being able to come back and see all of the staff and tell them how I am doing as well as seeing the residents progress through the program and see the changes they are making.

Q: What is your favorite color?

A: Green.



Staff of the Quarter! By Isabel

Interview with Chris!



Question: What prompted you to work at Ironwood?

Answer: I was traveling a lot with my business and away from home. Then Marion opened Ironwood so I thought it would be a good opportunity to be home with my family more and help out kids at the same time.

Q: What is the most rewarding thing you get from working here?

A: The most rewarding thing about working here is when kids graduate and parents thank me for what we do.

Q: Who are your favorite Ironwood animals?

A: My favorite Ironwood animals are Tonka, Napoleon, Rocky, Max and Sobe.

Q: How do you feel about being voted staff of the quarter?

A: It feels good being voted staff of the quarter; this is my third time and I appreciate it.

Q: Why do you think you deserve this title?

A: I don't think only I deserve it; there are other staff that also deserve this. I am here to help kids out and hopefully make a difference in their lives.

Q: What qualities do you need to work at Ironwood?

A: Integrity, good morals, and capable of leading by example.

Q: What advice would you give to residents?

A: The best advice that I could give is to stay positive, focus on yourself, appreciate your family, and surround yourself with the right people.

*"Stay positive, focus on
yourself, appreciate your
family, and surround yourself
with the right people." - Chris*

Resident of the Quarter! By Isabel

Interview with Kris, our new red peer leader!

Question: How does it feel to be chosen for student of the quarter?

A: It feels great to be chosen student of the quarter and I'm thankful for all the help and support that I have been getting from all my fellow peers.

Q: What do you think made people choose you?

A: I believe that my hard work and dedication may have influenced others to choose me for the student of the quarter.

Q: What advice do you have for fellow peers?

A: Treat others with respect and the way you would like to be treated in return.

Q: Who is your favorite Ironwood animal?

A: My favorite Ironwood animal would

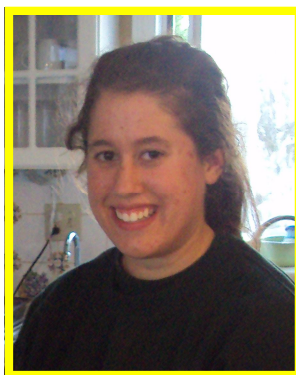
have to be Tucker because he acts like a big Chocolate Lab.

Q: What is your favorite thing to do when you are home?

A: My favorite thing to do would most definitely be relaxing at the beach and surfing.

Q: What do you think has helped you the most?

A: All of the support and love from my family as well as the company of all my friends and residents here at Ironwood.



Advice by Shawn

Rob: "How did you adjust to the Farmhouse?"

Shawn: My adjustment was normal and pretty easy, but it did take me a little while to get used to the changes at the farmhouse - it was much different than Frye.

Kris: "How do you reach level 4?"

Shawn: The glove fits everyone differently, you just have to know what fits you best. Make sure to be sincere in your journey, because ultimately you're the judge of yourself.

Jen: "What has been your hardest obstacle to overcome at Ironwood?"

Shawn: It was hard learning to call this place home for a while. It is nice to know that I am safe here and that things will get better through patience.

"Anger is like a hot coal with the intent to throw it at someone; you're the one who gets burned." -Buddha



Holidays by Isabel

Holidays! I arrived here at Ironwood a week before Christmas. Christmas at Frye was actually really fun! The residents enjoyed candy, presents from home, along with a delicious Christmas dinner and a game of football in the snow. It was a very enjoyable day! The next holiday that I celebrated at Ironwood was Passover. I was able to experience this holiday with

the other residents up at the farmhouse. I led a cedar and sang and spoke in Hebrew! I was nervous at first but it went really well and the food was delicious. The next holiday that we celebrated here at Ironwood was Easter. The farmhouse residents enjoyed an Easter egg hunt and Frye residents loved the goody bags that

Jess brought in!

Although most residents would rather be home with their families during the holidays, Ironwood makes them fun, exciting, and enjoyable.



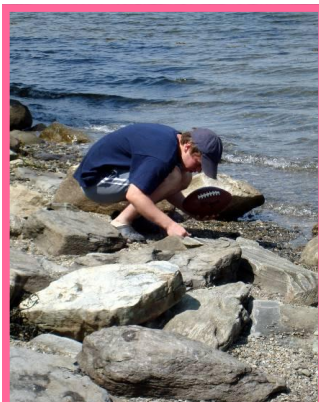
"The candy apples we had were the most delicious things that I've ever tasted!!!"



Field Trips by Justin

At the farmhouse residents begin to have more chances for off campus activities. Field trips have become a big hit among the residents in levels

three and four. Over the past few months we have been privileged to go off campus on many occasions. Our first field trip was in



April where we went to Rockland Theatre to see "Hamlet", an improvised Opera version of the Shakespearean play originally performed at the Metropolitan Theatre in New York City. It was a beautiful little theatre and we all enjoyed the show. At the end of April we were able to go to the Belfast Park. The boys enjoyed playing a big game of basketball on the courts and the girls had fun splashing around on the shore of the cold Maine ocean.

After the boys played basketball, they also enjoyed cooling off in the ocean water. Other opportunities for high level residents to get off campus also include small trips that range from recycling trips to grocery shopping.

"He who has a why to live for can overcome any how"

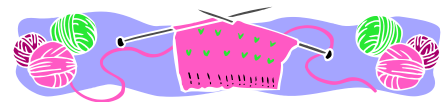


Jen's Student Initiated Projects!

Over the past month I started a volunteer project to help animal shelters, hospitals, and third world countries in need. This project entails knitting small blankets, for either animals, people, or babies. This project began by originally wanting to help Haiti, but now it has grown. Other residents are also willing to help with this project. Other girls are

"I can't tell you the key to success, but I can tell you the key to failure is trying to please everyone"

helping by knitting squares for the blankets, so that they can be made into blankets for those in need. It feels really good to help others and have fun knitting in the process. I hope that this project is a success, and that these blankets reach those who need them.



Alban's Favorite Recipe—Pork Dumplings!

In a pan sauté mushrooms and scallions, when ingredients are halfway cooked through add pork and shrimp. When all items are cooked through, put pork mixture into bowl and ginger, soy sauce, sesame oil, salt and pepper. Mix thoroughly until thickened.

Then, boil water and add finely chopped cabbage to water and boil for about two minutes. Drain cabbage in a colander and immerse in ice water to cool the cabbage down. Squeeze the cabbage dry in a kitchen towel or salad spinner, and add to meat mixture. Add ingredients into dumpling wrappers and pan fry.

Ingredients

- 1 1/2 cups Napa cabbage, chopped finely
- 3 Scallions, finely chopped
- 3 Dried black or shiitake mushrooms
- 1 tsp. Ginger root grated
- 1/2 lb Ground pork (and shrimp—3 parts pork to 1 part shrimp)
- 1 tbs. Rice wine (sake or Chinese cooking wine)
- 1 tbs. Soy Sauce
- 1 tbs. Sesame oil
- Salt and pepper to taste



"The only way out is through."



Morrill, Maine



**We understand.
We can help.**



“Don’t let the fear of striking out keep you from playing the game.”



“Nothing in life is to be feared, it is only to be understood.”

Meet the Editors

Isabel!

Hi I’m Isabel! I’m a 17 year-old resident here at Ironwood. I enjoy writing, reading, and working with animals. I am from West Hartford, Connecticut and my birthday is November 12. I loved working with my fellow editors on the treatment times this quarter, and I hope you enjoyed the newsletter!



Sofie!

Hello I’m Sofie! I am 17 years old and I’m from Sudbury, Massachusetts. I’ve been a resident at Ironwood for a little over four months. I like singing, dancing, cooking, as well as music and photography. My favorite color is purple. Hope you enjoy this!



Jen!

Hi I’m Jen. I’m 17 and from Wilmington, DE. I love horseback riding, cooking, knitting, reading, and shopping! My favorite color is hot pink and my favorite foods are sushi and french fries. I had the best time working on this treatment times and I hope you enjoy it.

